

Chesterfield Health District

*Serving Powhatan and Chesterfield Counties
And the City of Colonial Heights*

Post Office Box 100
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Your CHD/MRC in Action

A Volunteerism Update

Back in April, we published a listing of upcoming programs and events in which Chesterfield Health District/Medical Reserve Corps (CHD/MRC) members were invited to participate. Included were an Emergency Communications briefing on April 18; a county medications take-back event on April 28; the Chesterfield TRIAD's 13th Annual Senior Day on May 2; a START Triage class on May 10; and the 2012 Girls on the Run 5K walk/run on May 19. What follows is an update on those events and the CHD/MRC Volunteers' participation.

April 18 -- Nearly 25 CHD/MRC Volunteers and members of our sister Citizens Corps program, Chesterfield Community Emergency Response Team (CERT), attended a Emergency 911 Communications Center briefing on April 18. Host and speaker for the evening was Rich Troshak, Director of Emergency Communications at the Eanes-Pittman Public Safety Training Center. Troshak reviewed the foundations of emergency communications, the progress of 911 centers in enhancing emergency response for police, fire and emergency medical services, and a history of Chesterfield's award-winning communications center. Members then toured the center and saw on-duty communications officers answering emergency calls and dispatching the appropriate response units.



CHD Volunteers, Chesterfield Police Officer receive drugs.

Seven Chesterfield Health District Volunteers helped to collect 390 pounds of expired and otherwise unused medications from 198 citizens during a day-long take-back event at the Community Support Police Station at 2730 Hicks Road. It was the third drug take-back that our Members assisted. They worked with Chesterfield County Police officers, federal Drug Enforcement Agency agents, and members of Chesterfield Substance Abuse Free Environment Inc. (SAFE). The Volunteers did a brief citizen survey in the drive-through and gave out packets of related information. Participating were CHD/MRC Members **Gwen Robinson, Dianne Locke, William Pouch** and **Mary Etta Boyce** who worked with CHD Staff Nurse **Elaine Warren**, District Health Director **Dr. Parham Jaber** and Program Coordinator **Jon Donnelly**.

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Medical Reserve Corps - The Volunteer Arm of Public Health

May 2 – CHD/MRC Volunteers provided vaccinations and emergency preparedness information to the nearly 1,000 Chesterfield residents who attended the day-long Chesterfield TRIAD's 13th Annual Senior Day at Victory Tabernacle Church. The senior citizens enjoyed an enrichment program that featured information about how they can improve and enhance their lives. CHD staff and MRC Volunteers also provided free Tetanus, Diphtheria and Pertussis (Tdap) vaccine to some 50 seniors. CHD/MRC Members who volunteered were: **Paige Cecil, R.N.**; **Dianne Locke, ANP**; **Elizabeth Cruz-Diaz**; **Mel Diaz**; **Karen Yimaki**; **Bill Pounce**; and **Marni Pilafian** working with CHD Staff Member **Staci Bruce, R.N.**, and CHD/MRC Program Coordinator **Jon Donnelly**.



Citizens register for Tdap vaccination at TRIAD event.

May 8 – More than 35 CHD/MRC Volunteers and members of Chesterfield CERT, our sister Citizens Corps program, learned a fast, simple and proven method of classifying injured persons during an evening class on the Virginia START Triage injury evaluation process held at the Chesterfield Health Department. CHD/MRC Volunteer **Ray George**, a veteran EMS instructor, provided practical hands-on training in this process that can save lives. The attendees learned how to quickly and accurately evaluate and classify traumatic injuries to ensure that, in the wake of an emergency, those patients who most need treatment will be identified and receive treatment promptly when additional help arrives.

May 19 – It was an outstanding day some 250 Chesterfield County Middle School students and their families and friends who participated in the 2012 Girls on the Run 5K run/walk at the Chesterfield County Fairgrounds and the nearby Lucy Corr Trail and Social Services Trail. Seven CHD/MRC Volunteers joined CHD staff members in helping to provide emergency medical coverage and support services for the students.



Girls on the Run is a positive youth development program for girls in grades three through eight, sponsored by Chesterfield County Health Department, Chesterfield County Public Schools and the Coalition for Active Children (COACH). The program, provided in 19 schools in Chesterfield County, promotes healthy behaviors and positive self-image through discussion, activities, community service projects and running.

This was the third year that the CHD/MRC was invited to participate in Girls on the Run program. Volunteers were: **Jena Smith**, **Traci Johnson**, **Marie Lawrence**, **Jan Edens**, **Dianne Locke, ANP**, and **Gilbert Lee** working with CHD Staff Members **Marsha Miller, R.N.** and **Mary Smith, R.N.**, and Program Coordinator **Jon Donnelly**.

Photos courtesy of Chesterfield County Police Department

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